



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday										
8AM	No Gi BJJ - AD	Gi BJJ - JC	No Gi BJJ - JC	Gi BJJ - JC	No Gi BJJ - JC	HIIT Fit - RM											
9AM	CLOSED					Tiny Tigers - CL	9:30 No Gi BJJ - AD										
10AM						CLOSED					Kids Gi BJJ - JC						
11AM											CLOSED					No Gi BJJ - JC	10:30AM Kickboxing - AD
12PM																CLOSED	
1PM	OPEN GYM																
2PM						OPEN GYM											
3PM											OPEN GYM						
4PM																OPEN GYM	
5PM	Kids No Gi BJJ - JC	Kids Gi BJJ - JC	Kids No Gi BJJ - JC	Kids Gi BJJ - JC	People love us on yelp!												
6PM	Tiny Tigers - CL	CrossFit - CG	Tiny Tigers - CL	CrossFit - CG			Yoga - ME										
	HIIT Fit - JR		Olympic Lifting - RM														
	No Gi BJJ - JC	Thai Pads - CG	No Gi BJJ - JC	Thai Pads - CG				Kids Kickboxing - CC									
MMA Fit - JR	CrossFit - DG	CrossFit - RM															
7PM	Bag Class - DG	Kids MMA - AD/CL	Bag Class - DM				CrossFit - RM										
	Gi BJJ - JC	Gi BJJ - JC	Gi BJJ - JC	Gi BJJ - JC													
	CrossFit - DG	HIIT Fit - CG	CrossFit - CG	HIIT Fit - CG													
8PM	Boxing - JR	Kickboxing - DG	Boxing - JR	Kickboxing - DG													
	Krav Maga Lv 1/2 - MK	Krav Maga Lv1 - KI	Kickboxing - JR	Krav Maga Lv 1/2 - MK													
	Boxing Sparring - JR	Kickboxing - AD															
		CrossFit - RM	HIIT Fit - CG	CrossFit - RM													

Instructors

AD: Angel Diaz
 CC: Caleb Cisneros
 CG: Christos Giagos
 CL: Cherry Lopez

DG: Dmitry Gerasimov
 DM: Donovan McKiver
 JR: John Robles
 JC: Juninho Cravelari

KI: Kirby Israelson
 ME: Mishel Eder
 MH: Mark Hollins
 MK: Marcus Kowal

RA: Riley Ali
 RM: Rodney Martin
 TA: Tommy Aaron

All instructors and classes
 subject to change without
 notice